

K's Kitchen: Mushroom Bolognese to die for

By Kathryn Reed

Without a doubt, this was one of the best dishes I have made in a long time.

It is such a perfect winter meal because it is so hearty. I'm such a fan of mushrooms I know I'll be making this year-round.

The rich, earthy flavors of the mushrooms demand a bold red wine be served with it.

It's not complicated, so it could be a weeknight meal. But even better is that it's so delicious it would be great to serve to guests. And by using spaghetti squash instead of pasta it makes it that much healthier.

I had extra of the Bolognese that was good just by itself for lunch



Mushroom Bolognese

$\frac{1}{2}$ C hot water

$\frac{1}{2}$ ounce dried porcini or oyster mushrooms

1 3 pound spaghetti squash, halved lengthwise and seeded

2 T olive oil

1 medium onion, chopped

1 C celery, diced

1 C carrot, diced

1 tsp dried oregano

$\frac{1}{4}$ tsp crushed red pepper

8 garlic cloves, minced

8 ounces cremini mushrooms, finely chopped

8 ounces white button mushrooms, finely chopped

2 T unsalted tomato paste

1 T reduced-sodium soy sauce

$\frac{1}{2}$ tsp freshly ground black pepper

$\frac{1}{4}$ tsp kosher salt

8 ounces extra-firm tofu, drained and cubed

15 ounce can unsalted diced tomatoes, undrained

Place dried mushroom in half cup hot water and let stand 20 minutes. Reserve liquid. Finely chop mushrooms.

Place one squash half, cut side down, in an 8-inch square glass baking dish. Add water to a depth of 1 inch. Microwave for 8 minutes or until tender when pierced with a fork. Remove squash half; cool. Repeat with remaining squash half.

Heat oil in a large pan over medium-high. Add onion and next 7 ingredients (through button mushrooms); cook 12 minutes, stirring occasionally. Stir in tomato paste; cook 2 minutes. Stir in reserved dried mushrooms, reserved soaking liquid, soy sauce, and next 4 ingredients (through tomatoes); reduce heat and simmer 10 minutes.

Scrape inside of squash halves with a fork to remove spaghetti-like strands. Divide squash among 4 plates; top evenly with mushroom mixture.